



ISLINGTON

**PRIMARY**

# **RULES HANDBOOK**

**BOROUGH ANNUAL SCHOOL  
SPORTS COMPETITIONS**

**ISLINGTON SCHOOL SPORT PARTNERSHIP  
2008**

## **Islington Competition Fair Play Charter**

Islington borough festivals are open to all pupils that attend an Islington school in the School Sport Coordinator (SSCO) Programme. However, the SSCO Programme and its partner organisations aim to promote Fair Play within a competitive environment. Therefore, this Fair Play Charter sets out guidelines to encourage participants, team managers, parents and spectators to behave in accordance with the principles of fun, friendship and enjoyment.

### **Fair Play Charter Criteria:**

#### **Participants**

- understand that winning is desirable but winning at all costs is not encouraged and teams must play within the rules of the sport and in the spirit of the competition
- treat team-mates, opponents, coaches, officials and spectators with respect
- learn TEAMWORK, SPORTSMANSHIP, DISCIPLINE and RESPECT while playing for FUN
- be calm and in control of your temper, use appropriate language at all times i.e. no swearing
- appreciate and recognise good play in the opposing team as well as your own, do not criticise other players
- acknowledge and thank officials and opposing players
- understand that in sport, as in life, you should treat others as you would want them to treat you

#### **Team Manager**

- to recognise that the referee/umpire's decision is final. Any disputes will be dealt with by the Event Organiser through the official competition evaluation form procedure
- the emphasis is on the enjoyment of competing fairly and team members should be reminded that they are representing their school and should behave accordingly
- they are responsible for the behaviour of their teams and supporters for the duration of the competition
- they should encourage participants to value performance as well as results

#### **Parent/Spectator**

- they should respect the officials and the decisions that they make
- they should NOT get involved with the action on the court/pitch and should stay away from the sidelines of the court/pitch
- the event organiser has the power to remove the person/persons concerned from the competition in the event of any unacceptable, foul or offensive language or behaviour
- Any unacceptable behaviour will be reported to the team manager and school and a warning will be given to the parent/spectator. Two warnings within a year will result in a ban from Islington borough competitions.

## Primary Islington borough tournament rules

### Outdoor Athletics Rules

- **Only** 20 athletes per school may enter (all from KS2 – Year 5 & 6). 10 girls and 10 boys.
- Competitors can take part in **only** 1 track event and 1 relay **or** 1 field event and 1 relay.
- You will be given your school number. It is your responsibility to ensure that **all competitors** wear this number clearly displayed on the front and back of their t-shirts (usually best attached with safety pins).
- All competitors **must** wear appropriate clothing i.e. a tracksuit, trainers, or shorts and t-shirt
- You must have a copy of your declaration sheet for your own reference on the day.
- Please arrive at the park by **9.45am**. The morning events will start promptly at 10.15am. We **will not** wait for late comers.
- Your school will have a designated area to sit at. Adults **must** ensure all children stay at the base throughout the day unless they are going to compete in an event. If you fail to comply with this rule, your school may be disqualified.
- Adults representing each school **must not** approach the finishing line or central table at any time during the day. If this happens your school will be disqualified.
- If a child is taking part in a track event and comes 1<sup>st</sup> or 2<sup>nd</sup> in their heat, they will be given a '**Final Race**' token (with a number on it). The children **must** keep this token with them until the 'Final' of this event is called, then take it to the starting line. They must not give it to an adult to hold.

## Sportshall Athletics

### Team requirements

- A team must consist of 12 competitors (6 boys and 6 girls).
- Each team must have a Team Manager.

### Team eligibility

- All competitors must be in Year 5 or 6 ONLY.

### Event Format

Track Races	Relay Races	Field Events
2 x 1 Lap	4 x 1 Lap Relay	Standing Long Jump
1 + 2 Lap	4 x 1 Lap Over Under Relay	Standing Triple Jump
2 x 2 Lap	4 x 1 Lap Obstacle Relay	Vertical Jump
		Soccer Throw
		Soft Javelin Throw
		Speed Bounce
1 boy & 1 girl in each track race	2 boys & 2 girls in each relay race	1 boy & 1 girl in each field event

### Rules

- Each competitor will compete in one Field Event, and one Relay Race, 6 of the team (3 boys and 3 girls) will compete in the Track Races. In every event, the team composition will be equal numbers of boys and girls.
- No competitor is permitted to compete in more than one Track Race, one Relay Race and one Field Event.
- In Field Events competitors will have three trials, except in the Speed Bounce where they will receive two trials over 15 seconds.
- Team registration sheets must be completed and handed in before the first event.
- Each competitor **MUST** wear the designated school letters on their front. It is the responsibility of the school to provide letters and safety pins. Please make numbers A6 size (4 numbers to an A4 sheet).
- All events will be conducted in heats, i.e. there are no finals.
- Medals will be awarded to the top three School Teams. It is a TEAM competition where competitor times, distances and scores are added together to determine placings. Certificates will be awarded to all participants. There is a trophy for the winning School Team.
- The Fair Play Award will be presented to the School Team the School Sport Coordinator Team believes has displayed 'fair play' the most.

### Timetable

09:00	Arrival of teams and registration	
09:30	Pool A School Teams - Throws	Pool B School Teams - Jumps
11:00	Pool A School Teams - Jumps	Pool B School Teams - Throws
12:30	Lunch	
13:00	Pool A & B Track & Relay Races	

**NB: For individual event information please contact your School Sport Coordinator**

## 3-ON-3 BASKETBALL

### Team Requirements

- Teams shall have a maximum of five players, with three players on court at all times.
- Each team must consist of both male and female competitors.
- There must be at least one female or one male on the court at all times.
- Each team must supply one adult as 'Court Monitor' to keep score and call any blatant fouls in the absence of a court official.
- Each team must wear numbered playing vests or bibs and provide a basketball for its own warm ups.

### Eligibility

- All competitors must be attending primary school and are to only compete for the Borough their primary school is located in.
- Competitors must be in Year 6 or under.
- Competitors may not compete in more than one sport.

### Event Format

- Teams will be entered into a pool of five in a round-robin format, with each team playing four games. Based on a full entry of 33 Boroughs, three of the six pools will be randomly drawn with six teams (a 32 Borough entry will have two pools with six teams etc)
- The winners of each pool and the two best runners-up (eight teams) will progress to contest quarter finals and semi finals, culminating in a final.
- Each match will consist of 1 x 10 minutes with 2 x 30 second time-outs allowed per team
- A neutral court official will be appointed per court.
- **Teams MUST still provide a court monitor to keep record of the game score.**

### Sports Rules

1. Games will be played on half a court that is into one basket.
2. Teams shall have a maximum of five players and must start each game with at least three players.
3. Only three players from each team are allowed on court at any one time.
4. The first team to reach 15 points with at least a two-point margin e.g. 15-13 or –19-17 shall win the games. However the maximum time for any game shall be 12 minutes and the leading team at the time shall be the winner.
5. The game clock shall be a running clock and shall only be stopped for charged time-outs.
6. Each team is allowed two 30-second time-outs per game and player substitution for either team is only submitted at this time.
7. The maximum time for any game is therefore 11 minutes (10 minutes plus two 30-second time outs. An additional one-minute injury time if required).
8. In the case of obvious injury a special one minute INJURY TIME-OUT shall be allowed. The injured player MUST be substituted and cannot re-enter that particular game at any time.
9. There are no jump balls.
10. The game starts by a ball throwing in from top of the three points arc at all subsequent jump ball situations the ball shall be awarded to the defensive team. The toss of a coin between the captains determines which team receives the first ball out-of-bounds to start the game.
11. The ball will change possession after a successful field goal and after any violation of the rules including out of-bounds.
12. Whenever a ball is brought into play this shall be done from the sideline level with the top of the three-point arc.
13. Taking the ball back - should a change of possession occur during play (steal, pass interception, gaining a defensive rebound, etc.) then the ball must be 'taken back' to the top of the three-point arc in front of the basket.
14. Should a team score a basket after failing to 'take the ball back' then the basket will not count and possession of the ball shall go over to the opposition, who will "take the ball back"

### Fouls

1. On all fouls, except a shooting foul, the team not committing the foul will have a throw-in from out of bounds level with top of three-point arc.
2. Flagrant or intentional fouls shall be penalised by one free throw plus possession of the ball whether or not the free throw is scored.
3. Shooting fouls shall be penalised as follows:

- If the basket is made, one additional free throw is awarded to the shooter. Whether this free throw is made or missed, possession goes to the defence who will “take the ball back”.
  - If the basket is missed one free throw only is awarded.
  - If the free throw scores - the ball is awarded to the defence who ‘take the ball back’.
  - If the free throw misses - the ball is retained by attacking team who ‘take the ball back’.
4. There is no line up at any free throws.
  5. Teams will forfeit the game in the following circumstances:
    - If they have less than three players at the start of the game.
    - Only have one player remaining on court during the game.
    - They are not ready to play at the scheduled time.
    - If they are persistent in international fouling or misconduct.
  6. A field goal is from the outside the three point area is worth three points.
  7. A successful shot from within the three-point area is worth two points. All successful free throws are worth one point.
  8. Additional rules particularly for London Youth Mini Games:
    - No dunking permitted on portable equipment.
    - The score is announced after each score.
    - Winning score and time length of game can be changed.
    - In the absence of an official referee, players to call their own fouls **or** for fouls by the defender the attacking players calls the foul, for fouls by the attacking player the defender calls the foul.
    - In case of dispute, have one player from each team shoot three-point shots until one player fails to score. Their team losses the dispute. This method can also be used as an alternative to a toss of a coin at the start of the game.
    - If there is no three-point arc then all shots are worth the same and use the top of the keys as the “take back” point.
    - The Fair Play Award for 3 on 3 Basketball will be presented to the borough the sports coordinator believes has displayed ‘fair play’ the most, as outlined in the London Youth Games Fair Play Charter.

## **Kwik Cricket**

- **Each team has eight players with at least one girl  
And bats for eight overs.**
- **The team is divided into four pairs with each pair batting for two overs each.**
- **Each team starts with 200 runs.**
- **Every member of the fielding side has to bowl one over each – overarm if possible, but don't worry if you can't underarm is fine.**
- **Every time a batter gets out, five runs come off the total and the batters swap places.**
- **But you can score runs exactly the same as in normal cricket to increase your total.**
- **You can only get out by being bowled, caught, stumped, run out or if you hit your own wicket - no lbw.**
- **If a wide or a no – ball is bowled then the batting side get an extra two runs – but no additional ball is bowled except during the final over.**
- **You are not allowed to field within 10 yards of the batter except the wicketkeeper.**

## **Football**

### **Islington Primary School's 8-a-side rules**

1. Maximum of 8 players on the pitch at any one time. For mixed tournaments, teams must consist of 4 boys and 4 girls at any one time.
2. Matches will be two periods of 6 minutes each way, though this may change depending on time available and number of teams.
3. Substitutions can be made throughout the match, the player being substituted must leave the playing area before the new player enters, and are unlimited.
4. Goalkeepers cannot drop-kick the ball.
5. The back-pass rule DOES apply e.g. keepers cannot pick up a back-pass.
6. There are no off-sides.
7. All free-kicks are direct.
8. Throw-ins must be rolled in. Corner-kicks must be taken in the normal way.
9. The game is started with a drop-ball. After a goal is scored, the game re-starts with a centre as normal.
10. During any knock-out phase of the tournament, any game ending in a draw will have two minutes each way of extra-time played. If there is still a draw then it will be decided by the taking of 5 penalties, from the 8 players that were on the pitch at the end of the game. If there is still no decision, then sudden-death penalties will decide.
11. Any players dismissed during a game will not take part for the rest of the day.
12. Player may wear trainers, Astroturf trainers or moulded boots. They may not play in blades or screw-in studs.

Otherwise, it is normal football rules (the ball CAN be played over head height and players ARE allowed in the areas.)

The first phase of the tournament will be in small groups. Where possible, all teams will get to play at least three games.

## Mini-hockey rules

- ❑ **7-side:** 7 field players. Note: NO Goal Keeper. Game is played across half a full sized hockey pitch.
- ❑ Substitutes are allowed at any time.
- ❑ Game duration will be **10 minutes each way (the time duration of the game could change depending on how many teams & time)**. There will be group matches and finals.
- ❑ School should bring own hockey sticks.
- ❑ The game is started with a push from the centre line and after a goal is scored. At start each team must be positioned in their own half of the field.
- ❑ To score a goal the ball is struck or deflected off an attacker while the ball is in the circle and crosses completely over the goal line.
  
- ❑ **Ball outside field of play.**
  - Over the side-line: When the ball passes completely over the side-line it shall be put into play along the ground in any direction by a hit or a push by an opponent of the player who last touched it. This is called a **hit-in**. Until the hit-in is taken, no opposition player shall be within 5 metres of the ball. If the hit-in is awarded on the sideline within 5 metres of the circle edge, all the players except the taker must be a minimum of 5 metres from the ball until it is played.
  - Over the back-line by an attacker: When the ball passes over the back-line off one of the attacking players and no goal is scored, the game is restarted with a hit to the defence which is taken level with the top of the shooting circle and opposite the place where it crossed over the back-line.
  - Over the back-line by a defender: If the ball is **accidentally** played over the back-line by a defender and no goal is scored, the game is re-started with a **corner** to the attacking team. The corner is taken on the sideline, 3 metres from the corner of the pitch. No player, other than the taker, shall be within 5 metres of the ball until it is played.
- ❑ **Rough or dangerous play** shall not be allowed: Players must not intentionally use any part of their body to play the ball. Players must not play any high ball with the stick held at above shoulder height. Players must not use rounded side of stick. Players must not kick the ball. Players must not obstruct by running between an opponent and the ball.
  
- ❑ **Free Hits:**
  - Free hits are to be taken **close to** where the offence occurred.
  - The ball must be **stationary** at a free hit and it must move a minimum of **1 metre** before being played by a member of the same team.
  - Until the free hit is taken, all opposition players must be a minimum of 5 metres from the ball and if the free hit is within 5 metres of the circle, **all players** except the taker must be a minimum of 5 metres from the ball.
  - If the taker accidentally misses the ball when attempting to take the free hit, it shall be taken again.
  - After taking the free hit the taker shall not play the ball or remain within playing distance, until it has been touched or played by another player.
  
- ❑ **Penalty corners** will **not** be played. If any infringement by the defending team occurs in the circle, then a free-hit from the sideline will be awarded.
  
- ❑ **Incident:** If the game is temporarily suspended because of an accident or an injury the game will be re-started with a **bully**.

# HI-FIVE NETBALL

## Team Requirements

- A Squad will comprise of a minimum of seven and a maximum of nine players with five on court at any one time
- Only three boys are permitted to be in the squad
- Only two boys are allowed on court at any one time
- The squad is made up with the following playing positions: - GS, GA, C, GD and GK as well as scorers/time keeper and centre pass marker.
- All teams must provide a 'c' award umpire who must be named before entering. Umpiring will be coordinated so that umpires do not umpire their own team. If you CANNOT provide an official, please call the Limelight Projects office on 020 7299 4160, who will put you in contact with the Hi-Five Netball Coordinator with the aim of securing an umpire.

## Age Categories

- School Years five and six Only

## AT A GLANCE WHAT IS HIGH FIVE NETBALL?

• 5-a-side – normal court markings	• 7-9 players in a squad
• Size 4 ball	• Player rotation
• 2,74m (9ft) post	• Scorers/Timekeepers/Centre Pass Markers
• Pass or shoot within 4 seconds	• Games will be 6 minutes one way

## Competition Format

- Teams will be entered into a pool of five in a round-robin format, with each team playing four games. Based on a full entry of 33 Boroughs, three of the six pools will be randomly drawn with six teams (a 32 Borough entry will have two pools with six teams etc)
- The winners of each pool and the two best runners-up (eight teams) will progress to contest quarter finals and semi finals, culminating in a final.
- Each match will consist of two halves of five minutes with a one-minute half time.
- Squad member's positions should be rotated after each game.
- Each player must play in a different playing position each match (shooting, centre, defending).
- A rotation pattern must be submitted before the tournament and followed by all team.
- No player should ever be off court consecutively.
- Rotation patterns will spot-checked throughout the tournament, once patterns have been submitted they must be followed.

## Sports Rules

**Start of Play:** Team Captains toss a coin to determine who takes the first Centre Pass. Subsequent centre passes must be taken alternately.

1. Play is started by a pass from the 'Centre', who stands with both feet in the centre circle.
2. At the start of play the GS, GA, GD and GK may be anywhere in the goal third. The opposing Centre shall be in the centre third and free to move.
3. When the umpire blows the whistle, the Centre must pass the ball within four seconds and obey the Footwork rule. The ball must be caught or touched in the centre third.

## Playing the Ball: A player must:

1. Pass or shoot within four seconds;
2. Obey the footwork rule;
3. **A player may not:**
4. Deliberately kick the ball;
5. Bounce the ball more than once;
6. Hand or roll the ball to another player;
7. Place their own hands on a ball held by an opponent;
8. Throw the ball while sitting/lying on the ground;
9. Use the goalpost as a support in receiving a ball going out of court or to gain balance;
10. Throw the ball over a complete third without it being touched or caught by another player in that third;

11. Regain possession of the ball, having dropped or thrown it, before it has been touched by another player.

Penalty: **Free Pass.**

**Footwork Rule:**

1. A player may receive the ball with one foot grounded or may jump to catch the ball and land on one foot. While that landing foot remains on the ground the other foot may be moved in any direction and any number of times, pivoting on the landing foot if desired. Hopping is not allowed;
2. A player may receive the ball whilst both feet are grounded, or may jump to catch and land on both feet simultaneously. The player may then choose to move either foot and the remaining foot shall then be considered to be the landing foot. Proceed as in a) above.

Penalty: **Free Pass.**

**Scoring a Goal:** A goal may only be scored by the Goal Shooter or the Goal Attack from within the shooting circle.

**Obstruction:** The player with the ball must be permitted an unimpeded throwing or shooting action.

1. One jump to intercept a throw or shot at goal is permitted provided that the player is at least 1m away and that the arms are not outstretched prior to the jump.
2. Jumping up and down in front of a player is not permitted.

Penalty: **Penalty Pass or Shot**

**Contact:** No player shall knock or push an opponent or interfere with his/her play, either accidentally or deliberately.

Penalty: **Penalty Pass or Shot**

**Out of Court:** A ball is out of court when it, or a player touching it, touches the ground or an object outside the court.

1. The line counts as part of the court. If the ball hits the post and bounces back into court, it is still in play.

**The Throw-in:** The throw-in is taken at the point where the ball crossed the line. Any player allowed in that part of the court may take the throw-in and must stand outside the court with both feet behind the line. Ensure that feet are up to but not on the line.

1. When the player taking the throw-in has checked that all other players are on court, she/he must release the ball within four seconds.
2. Players must ensure that all players are on court before taking the throw in

**Offside:** A player is offside if she/he enters an area of the court in which she/he is not allowed.

Penalty: **Free Pass**

**Penalties: Free Pass/Penalty Pass or Shot** A free pass is awarded to a team for any infringement of the rules **except** obstruction and contact.

1. A player may not shoot directly from a free pass.
2. **A penalty pass or shot** is awarded to a team against any player causing obstruction or contact.
3. A player may shoot if the penalty is awarded inside the circle. The offending player must stand still beside the player taking the pass.

## Tag Rugby

- Teams shall be 7 – a – side, with at least 3 girls on a the field at any one time
- Games shall be 7 minutes in duration, with no half time break\*
- The festival shall be run in a league format with the top teams from each league playing in a semi final then final\*
- Substitutes are unlimited and can be made at any time, with the referees permission
- In the event of a draw in the semi's or final, the 'golden try' rule applies, i.e. the first team to score a try in 'extra time' will be the winners.

\*This depends on the number of teams attending

## BASIC TAG RUGBY RULES

- The object is to score a try by placing the ball down in the opponents try area, by evasive skills or passing the ball backwards (i.e. towards their own try line). There is no kicking or contact in TAG rugby.
- Each player wears a belt with 2 TAG's (one on either side), to make a tackle a defender pulls off one of the TAG's of the ball carrier and shouts TAG.
- After being TAGGED, the ball carrier must stop (within 3 steps), and pass the ball to a team mate immediately; they then collect their TAG from the tackler and continues with the game.
- A ball carrier must not prevent being TAGGED buy hiding their belt, or knocking a would be tacklers arm away.
- The TAGGER is out of the game until they **give** the TAG back to the tackled player. They must not interfere, TAG or try to stop a pass until the TAG has been returned. TAG's must not be thrown on the floor
- If a TAG is made whilst a player is scoring a try the TRY is allowed.
- After a TAG all players on the defending team must get their side of the ball and not interfere with an attempted pass.
- For any infringement, or after a try or the ball has gone out the non-offending / scoring team start with a free pass. Opponents must be 7m back from the ball to allow this pass.

## **Swimming Gala**

### **Regulations:**

- ❖ All competitors must be able to swim at least 100 metres
- ❖ There will be one age group only. To be eligible, competitors must have been born between 1 September 1993 and 31 August 1995 (Years 5 & 6).
- ❖ A swimmer may enter only ONE individual event and ONE team event
- ❖ Each school may enter only ONE competitor and ONE team in each event
- ❖ In the MIXED AGE RELAY, two swimmers must be from Year 6, and two from Year 5
- ❖ Each individual event is one length of the pool
- ❖ There will be NO DIVING – all events start from in the pool
- ❖ There will no warm-up
- ❖ All competitors' costumes and trunks must conform to ASA laws
- ❖ Each team must have a TEAM MANAGER on the poolside
- ❖ In accordance with the ASA Child Protection Policy, any person wishing to engage in video, zoom or close range photography should register their details on the 'registration for photography' form enclosed and hand the form in at the Ironmonger entrance before carrying out such photography

## **EVENTS**

1. Boys' Freestyle
2. Girl's Freestyle
3. Boys' Backstroke
4. Girls' Backstroke
5. Boys' Breaststroke
6. Girls' Breaststroke
7. Boys' Mixed Age Relay
8. Girls' Mixed Age Relay
9. Boys' Medley 3 x 1 Relay
10. Girls' Medley 3 x 1 Relay
11. Boys' 4 x 1 Relay
12. Girls' 4 x 1 Relay

## MINI-TENNIS RED TOURNAMENT

- Teams shall consist of 4 players
- All players must be Year 3 or below
- There will be a separate boys/girls tournament
- Rackets will be provided
- Sponge balls will be used
- LTA Mini-Tennis Red scoring system will be used

## MINI-TENNIS ORANGE TOURNAMENT

- Teams shall consist of 4 players
- All players must be Year 5 or below
- There will be a separate boys/girls tournament
- Rackets will be provided
- Mini-Tennis Orange balls will be used
- LTA Mini-Tennis Orange scoring system will be used

## MINI-TENNIS GREEN TOURNAMENT

- Teams shall consist of 4 players
- All players must be Year 6 or below
- There will be a separate boys/girls tournament
- Rackets will be provided
- Mini-Tennis Green balls will be used
- LTA scoring system will be used

## **Islington Annual Dance Festival –Rules**

- ❖ Each school can only submit one dance.
- ❖ Dance group sizes no bigger than 30.
- ❖ Your piece must last between 1 and 5 minutes.
- ❖ You can use any kind of music (ensure no swearing is in the track), and that you acquire music clearance prior to making your soundtrack recording (for advise contact Rachel Evans or Annette Mclachlan)
- ❖ You can use voiceover or narration but must be recorded on your music before hand.
- ❖ You must bring two copies of your music on a CD (one as a back up)
- ❖ Concept can be whatever you like. You can cover issues such as bullying and the environment or it can be abstract, or a piece done in a certain dance style.
- ❖ No props or set is required unless it's an integral part of your dance. If so please contact Rachel Evans at Sadler's Wells for more details.
- ❖ Lighting Design, please come prepared with an idea of what lighting you require.
- ❖ Costumes – student's can perform in costume but it is not compulsory.
- ❖ Islington dance festival will be divided into two separate shows, Primary and Secondary. We encourage schools to be universally inclusive when it comes to the team, any age group can be entered.

## **Islington Annual Gymnastics Festival**

- ❖ Each school can submit one group floor routine and a choice of a solo or a second group floor routine (not compulsory).
- ❖ If you have any students who can use a trampoline they are welcome to perform too, either as a solo or as a synchronized duo.
- ❖ Group sizes no bigger than 30.
- ❖ Your routine(s) must last between 1 and 5 minutes.
- ❖ You can use any kind of music (ensure no swearing is in the track).
- ❖ You must bring a copy of your music on a CD.
- ❖ Your floor routine must demonstrate basic Gymnastics skills e.g. Rolls, jumps, turns, balances and weight on hands.
- ❖ It is a festival not a competition, so routines will not be judged. The focus is on performing and showing your level of skill.
- ❖ Islington Gymnastics festival will be divided into two separate performances, Primary and Secondary. We encourage schools to be universally inclusive when it comes to the team, any age group can be entered.

## Primary Schools Cross Country

- Schools are entitled to enter as many competitors as they wish in each event, with the first 6 finishers in each team scoring points.
- In the event of a tie the team whose last scoring member finished nearer to first, shall determine the result.
- Schools unable to field a full team in a race may enter individual runners.
- Entries must be made using online entry system..
- Score sheets will be supplied on the day from the Start Area. Schools MUST ensure students hand in their finish tickets. Team Managers please make sure you write all your competitors placings on the results sheet legibly.
- Changing rooms and toilets will be available for use at Finsbury Park Track. However, it is advisable for competitors to arrive already in their running gear. Staff MUST supervise changing rooms when their students are using them.
- Trophies will be awarded for girls and boys winning teams. Medals will be awarded to the first three finishers in each race. Certificates will be awarded to all scoring team members.
- Vehicle parking is available near the Track by entering the Park Gate from Endymion Road. It is pay and display parking.

### **Timetable of races:**

11:00am	Girls (Years 5 & 6)	1500 metres
11:25am	Boys (Years 5 & 6)	1500 metres
11:50am	Presentation of Awards	